

# Grilled Peaches and Sorbet

Fresh summer peaches are great on the grill, and especially delicious when topped with a dollop of nonfat yogurt or sorbet.



Keep the grill on for dessert! Combine grilled fruit with refreshing sorbet or nonfat yogurt for a scrumptious low-fat treat.

## Ingredients:

2 peaches, halved and pitted  
1 teaspoon canola oil  
2/3 cup nonfat vanilla frozen yogurt or fruit sorbet

## Preparation:

Preheat grill to high. Brush peach halves with oil. Grill until tender. Place 2 peach halves in each bowl and top with 1/3 cup of frozen yogurt or sorbet.

## Nutrition Facts

Yield 2 servings

Amount Per Serving

**Calories** 149

**Fat** 3.5 g

**Protein** 4 g

**Carbohydrates** 25 g

**Fiber** 2 g

**Sodium** 319 mg

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